



We embrace the process of transformation in Christ both in ourselves and in others, through the practice of Centering Prayer.

Contemplative Outreach is a network of communities and individuals seeking the inspiration and guidance of the Holy Spirit and to contribute to the renewal of the Christian contemplative tradition through the practice of Centering Prayer. Vision Theological Principal 1

Dear Fellow Mystics,

May we be aware the peace and light of our beloved Lord is closer than we know during this new time of crisis.

On the advice of the CDC and healthcare professionals, we have cancelled all our scheduled face-to-face activities through April 30th, including Centering Prayer groups. Where possible, groups will meet via conference call or virtual sources. Contact your group leader for more information. We will keep you posted on future plans as the situation develops. Be aware our scheduling is fluid and future events may be rescheduled. A list of cancellations is on page 2.



We were unable to have a physical gathering of St. Aidan's **United Day of Prayer on March 21st**, but many of us chose to spend the day in prayer at home.

On February 15th St. Mary and St. Martha of Bethany Episcopal Church in Buford welcomed Marion Kaple, Julie Tooher and me warmly for an **Introduction to Centering Prayer Workshop**. Wendy Darrow Maddox's wise leadership and the Daughters of the King's delicious cooking made our workshop a fantastic setting where the participants wholeheartedly embraced Centering Prayer.

Brie Stoner shattered traditional stereotypic icons and proposed new ways of being and picturing reality at Mary and Martha's Place at St Dunstan's on Feb 28th and 29th. A graduate of the Living School, singer and composer, Brie taught "We journey to the true through creativity" by desire, discipline, and daring where we break from hierarchical grids of perception to form new ones as contemplation leads to creativity leads to an alive, interactive, loving community.

A vibrant group attended the March 1st **Introduction to Centering Prayer Workshop** at Ignatius House coordinated by Marian Kaple, Kimberly McOmber, Julie Tooher, and me. As follow-up to the workshop, we are viewing our 6 continuing sessions on YouTube videos as we refine Zoom conferencing capabilities.

St. Luke's Atlanta welcomed Princeton's **Elaine Pagels** on March 6-8th. Dr. Pagel's research of the early Christian movement has breathed new life into the gospel. She stressed our need for skills to discover God and Christ within us besides knowing the story of God. Rev. Ed Bacon gives a complete summary of her insights at <https://www.stlukesatlanta.org/education-recordings>.

Congratulations to our own **Carl McColman**, awarded "One of 50 Best Spiritual Books of 2019" from the *Spirituality & Practice* website, for his *Unteachable Lessons* book, that enlightens us readers with his personal journey.



Now is a new time. Now opportunities have opened where we didn't have time before. Possibilities in new directions are imaginable. May we

- Structure our day with Centering Prayer, meaningful work; inspirational reading, videos or podcasts; nutritional food, creating, playing, and resting. A balanced schedule will bring us into equilibrium.
- Break away from "breaking news" and do Centering Prayer instead: rest in the arms of God.
- Reach out to loved ones.
- Pray for the sick, caregivers, those who lost jobs, and all who are keeping our world running.
- Reshape our attitudes and priorities based on these new perspectives.

"Do not be troubled at heart, and do not be afraid" John 14:27

"Believe in me and confide in my mercy. I am often closest to you when you think that I am far away." Imitation of Christ, p 223

May we hold fast, anchored in the immutable love of God, for love drives out all fear. May our centering with God help us make wise decisions and let go of all anxiety as we shelter in place for everyone's wellbeing. May our faith be like the One who slept in the midst of the storm.

May the peace of Christ, beyond all understanding, completely heal you, your loved ones, and keep you safe,

Maggie

Inspirational videos and resources are listed on page 3.

Cancellations:

March 14th, Introduction to Centering Prayer Workshop at Woodstock Community Church, Reschedule date TBD

Ilia Delio, OSF, Thursday, April 16th in Cannon Chapel at Emory and Friday, April 17th at the Cathedral of St. Philip.

March 21st - 7th Annual Lenten Morning of Prayer/United Day in Prayer at St. Aidan's

March 31 talk on Dorothy Day at Our Lady of the Assumption Church

April 17-18 Workshop by John Dear at Our Lady of the Assumption Church

April 18th – Introduction to Centering Prayer Workshop at Chestnut Ridge Christian Church, Reschedule date TBD.

May 30, 2020 – 9 am to 3 pm at Cherry Log Christian Church in Cherry Log, GA – Reschedule date TBD

On-Line and Virtual Opportunities

Thanks to our Transfiguration Centering Prayer Group Leader Rena Cresman, who developed this great list of videos:

1. The health benefits of CP practice: <https://www.youtube.com/watch?v=xxClvu5rqw>
2. Compilation of the two videos from Fr. Keating on the method including a 20-min sit with Fr. Keating. <https://www.youtube.com/watch?v=yg9Nzj3kiYo>
3. Excellent presentation on CP given by Rev Cynthia Bourgeault to a multi-spiritual gathering <https://www.youtube.com/watch?v=1aQmQu4lufo>
4. 2 hour, 53 minute video with Fr. Basil Pennington presenting a CP retreat with a transcript:
Video <https://www.youtube.com/watch?v=fM0RRe3miqg>
Transcript <http://www.innerexplorations.com/catchspmys/a.htm>

Center for Action and Contemplation offers daily reflections and online courses at www.cac.org .

To find a Centering Prayer group near you Contact the facilitator for virtual meeting details at <https://www.contemplativeoutreachatlanta.com/centering-prayer-groups>

Encountering Silence Podcast by Carl McColman, Cassidy Hall, and Kevin Johnson at <https://encountering Silence.com/>

James Finley Podcast: “Sink into the Taproot of Your Heart”
<https://podcasts.apple.com/us/podcast/bonus-sink-into-the-taproot-of-your-heart/id1494041647?i=1000469272203>

Have a Holy Interruption Retreat at <https://shalem.org/programs/online/holy-interruptions/>

Ignatius House Centering Prayer Group, Tuesdays 7:30 – 9:00 pm, contact Maggie Winfrey at maggie.winfrey@gmail.com to receive invite to join Zoom conference.

Lenten Morning of Prayer, St. Anthony of Padua Catholic Church, Saturdays 9:30 – 11:00 am contact Leslie Geer at bakergeer@gmail.com to receive invite to join.

Join the online Meditation Chapel at Contemplative Outreach Ltd. Several times available at <https://www.contemplativeoutreach.org/join-community-prayer-online-meditation-chapel>



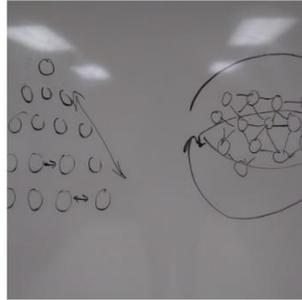
Feb 15- St. Mary
& St. Martha of Bethany Intro
Workshop



Mar 1- Ignatius
House Intro
Workshop



Images from the Brie Stoner event Feb 28-29 at Mary & Martha's Place.





Calendar of Events

Spread the word to your friends and group members.

Register on our website at <https://www.contemplativeoutreachatlanta.com> under "Upcoming Events."

Quarterly Coordinating Team Gatherings for 2020:

Sundays – 1-3 pm June 14, Sept 6, Dec 6. *If you can offer your place of worship as a venue for our meeting, please contact us at coatlantageorgia@gmail.com .*

Days of Reflection

- ❖ Revolutionary Contemplatives Day of Reflection date, time, venue TBD
- ❖ Saturday, Oct. 24, 2020 – Dia de los Muertos Day of Reflection at Hazelbrand Farm
Registration TBA

Introduction to Centering Prayer Workshops

Retreats

- ❖ May 14 to 16, 2020 – Camp Mikell Conference Center, Toccoa, Details TBD
- ❖ June 28, 2020 – Mary & Martha’s Place at St. Dunstan’s Details TBD
- ❖ July 17 to 19, 2020 - Ignatius House- Centering Prayer, Mindful Walking, and Yoga
- ❖ October 28 to Nov 1, 2020 - 5 Day Intensive/Post-Intensive Retreat Monastery of the Holy Spirit – To register contact Patti Wilson at (770) 760-0959 or retreat@trappist.net
- ❖ May 12-16, 2021 – 5 Day Intensive/Post-Intensive Retreat at the Monastery of the Holy Spirit, Conyers, GA. To register Patti Wilson at 770) 760-0959 or retreat@trappist.net
- ❖ November 7-12, 2021 – 5 Day Intensive/Post-Intensive Retreat at Ignatius House.

Be still and know that I am God. Ps 46:10

Silence Solitude Solidarity Service

“Focus on trust. When you trust that we are all part of something beautiful beyond our wildest imagination, you will find healing.” Thomas Keating

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Contemplative Outreach Atlanta

Contact us at

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Coordinator Maggie Winfrey coatlantageorgia@gmail.com
Find a Centering Prayer group, read our newsletters, and see what is coming soon.